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Lansdowne market returns

Foodies flocked to the Lansdowne Farmers Market on Sunday. The market returned to Lansdowne after three years at Brewer Park while construction was ongoing. HALEY RITCHIE/METRO

Coverage, metroNEWS

Police probe third homicide

CRIME

Some residents woke to sound of gunfire



Lucy
Scholey
Metro | Ottawa

At first, residents of an Ottawa east-end neighbourhood thought the loud bangs were the sounds of construction work.

But what they actually awoke to early Sunday morning were gunshots.

Ottawa police are now investigating the third homicide of the year after a man was found dead with bullet wounds around 6 a.m.

Several news reports say the shooting may have been gang-related.

The major crime unit blocked off an area near Tremblay and Belfast roads.

Hours after the incident, a grey Honda was still sitting in the enclosed area with both front doors wide open. A pair of black shoes and what looked like a white pillow were strewn about on the ground.

Apart from the police cars and a few neighbours watching the scene, Avenue N looked like it does on a usual hot Sunday morning. A few kids were playing, and a woman was tending to her garden.

Most said they were not concerned about the shooting, as it's an unusual occurrence for the neighbourhood.

"I don't worry too much about stuff like that," said Angela Bandiziol, 73, who has lived in the neighbourhood for 50 years. She often goes for walks around 5:30 a.m. but not on Sundays. She said her husband woke up to about five or six shots around that time.

"I heard a bang but I thought it was construction," said another neighbour, Charles, who

“

I heard a bang but
I thought it was
construction.

Charles, who only gave
his first name

only gave his first name. He says he was watching TV when he heard “non-stop” shots at around 5:30 a.m.

The road is near a construction site for the future light rail transit system. The St-Laurent shopping centre sits right across Highway 417.

Sunday's shooting comes after other recent homicides in the eastern part of the city.

Last month, 18-year-old Connor Stevenson died following a stabbing incident in the stairwell of an apartment building on Jasmine Crescent. In February, known gang member Yusuf Ibrahim was shot dead on Forestglade Crescent.

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Group close to matching festival sponsorship cash

DANDELION FESTIVAL

Musicians threaten to pull out over TransCanada



Haley Ritchie
Metro | Ottawa

Musicians and environmentalists are refusing to pipe down when it comes to TransCanada's controversial sponsorship of a local music festival.

Three musicians set to play Kemptville's annual Dandelion Festival recently announced that they would drop out of the lineup if the money wasn't returned to the company, which is behind the proposed Energy East pipeline.

But festival organizers said it was too late to do without TransCanada's \$5,000 sponsorship, prompting a community crowdsourcing campaign to replace the money.

The Sustainable North Grenville group has so far raised more than \$3,000 through their crowdfunding campaign.

"It's a phenomenal outpouring of community support to show that we want this festival to succeed, and we want it to succeed without sponsorship from TransCanada," said group member Diana Steadman.

The group is confident they'll be able to reach their

\$5,000 goal before the May 8 deadline.

"It touches on people's values and beliefs and some people have been very responsive because of that," she said. "I'm seeing a lot of names that I recognize from the community."

TransCanada's proposed Energy East pipeline would transport crude oil through the Leeds and Grenville region, just south of Ottawa. The environmental controversy surrounding the pipeline is at the heart of the boycott.

"We the undersigned are local musicians and in order to stand united with our community in opposition to the TransCanada Energy East pipeline project, we have formally withdrawn our musical services from the Festival," reads an open letter signed by performers John Carroll, Bella Borealis and George Buys.

"We feel that the Dandelion Festival did not keep the best interests of the community in mind when seeking sponsorship," reads the letter that announces their withdrawal from the festival.

The 2015 Dandelion Festival runs May 22-24 and includes local blues, folk and rock performances. It also includes a kickoff event called the dandelion dinner, a five-course meal created by local chefs.

The whole event takes place in Kemptville, about a 40-minute drive from downtown Ottawa.

Dandelion Festival Chair Shaun Vardon told Metro



Singer-songwriter John Carroll is one of the artists threatening to boycott this year's Dandelion Festival over sponsorship money from TransCanada Corporation, the company behind the proposed Energy East pipeline. JESSIE A. WOLFE/CONTRIBUTED

last week that the organizers didn't anticipate the backlash.

"We are not taking sides, but it came up so late in the game," he said Thursday, confirming that TransCanada said

it will take back the funds if they can be replaced.

"There are a number of groups in the community and performers at the festival who are not happy at all with

the pipeline," Vardon said. "But we can't do it without the money at this stage. So if they can match TransCanada's sponsorship by May 8, we will return the money."

LANSDOWNE PARK

Farmers market returns to roots

Sunday was the ideal day for the Ottawa farmers market to finally come out of its winter home in the Aberdeen Pavilion and breathe some life into the newly renovated Lansdowne Park.

"It's just great to be out in the sun," said John Clearwater, a market regular. "This is what we wanted."

Mayor Jim Watson said he was breaking his diet Sunday morning and picking up breakfast at the Art Is In bakery's stall in celebration of the first day of the summer market.

"We designed this whole square with the farmers market in mind, to make sure it would fit in nicely," he said. "It's more central and has a larger residential base around it."

The market was originally started in Lansdowne in 2006, but was relocated to Brewer Park near Carleton University for the past three years because of construction at TD Place.

"I'm cautious, but very enthusiastic," said Paul Loiselle from Kiwi Gardens, who has been selling perennials at the market for the past three years.

"It's very different from the farmers market in Brewer Park, in that the old location people would go there because of the farmers market. Here it's lost some of that charm, but it's bringing the market to the people," he said.

"Hopefully it's going to influence people to buy locally, which is what farmers markets are all about."

HALEY RITCHIE/METRO



It's very different from the farmers market in Brewer Park ... Here it's lost some of that charm.

Paul Loiselle,
from Kiwi Gardens

Statue marks centennial of McCrae's war poem



Lt.-Col. John McCrae's newly unveiled statue, in Ottawa, on Sunday. THE CANADIAN PRESS

War poet John McCrae, who helped make the poppy an enduring symbol of the sacrifices of the First World War, has received his own enduring monument.

A larger-than-life bronze statue of Lt.-Col. McCrae was unveiled next to the National Artillery Memorial on a hillside overlooking the Ottawa River, about a 15-minute walk east of Parliament Hill.

The site is apt: before he was

a physician, McCrae was an artillery officer and his heart remained with the gunners, even as he tended to the wounded.

The statue by renowned sculptor Ruth Abernethy imagines McCrae at the moment he looks up from the notebook where he has just signed his name to what would be published as *In Flanders Fields*.

He is sitting on a broken tree branch, his cap perched on his medical bag in front of

him, with a scattering of poppies at his feet.

The Royal Regiment of Canadian Artillery commissioned the work and spearheaded the private fundraising that financed it.

In early May 1915, as the Second Battle of Ypres sputtered out, McCrae was serving as second-in-command of a Canadian artillery brigade and as brigade surgeon.

He presided at the funeral of

a friend who had been blown to fragments by a shell and afterwards, he jotted down the first draft of his famous poem. He wrote of his surroundings: the waving poppies, the lines of crosses and the birdsong competing against the muttering of the artillery.

McCrae died of pneumonia on Jan. 28, 1918, and was buried in France, not far from the killing fields he immortalized.

THE CANADIAN PRESS

REPORT

Park your cars, bike to Little Italy: City staff

The City of Ottawa wants people to park their cars and instead cycle into Little Italy.

According to a city report, the neighbourhood's parking problems will only get tighter as more condo developments spring up.

With a new multi-use pathway along the O-Train corridor, there's already a bike-friendly way for cyclists to coast into Little Italy. But city staff are recommending more parking infrastructure —

including ring and post bike racks — to further dissuade people from taking their cars.

The report points out bike parking gaps on Preston and Beech Street.

City staff are also recommending a survey of all damaged post and ring parking spots. Those will be replaced.

The report will be addressed at a transportation committee on Wednesday.

LUCY SCHOLEY/METRO

+ BICYCLE PARKING

Where can I park my bike in Little Italy?

• Your best bet is along Somerset Street West, where there are 47 post and ring parking spaces — mostly between Booth and Preston streets.

• Preston Street is home to 36 post and ring spots between Young and Aberdeen streets.
• There are also a few spots along Pamilla and Larch streets.

LUCY SCHOLEY/METRO



Little Italy is getting squeezed out of its parking spaces. The City of Ottawa is looking for ways to handle the influx of cars from new condo developments. LUCY SCHOLEY/METRO

City looks to solve Little Italy's woes

DEVELOPMENT

Parking spots will be hard to find with influx of residents



Lucy Scholey
Metro|Ottawa

New condos and too few parking spots in Little Italy are making for a tight parallel parking squeeze along the neighbourhood's streets.

And it could become even tougher to find any free spaces unless the city finds more parking.

According to a city report, the number of people living in the Preston Street area is expected to increase by 63 per cent between 2011 and 2031. That's a huge spike compared to the citywide pro-

jected growth of 22 per cent.

To fix the parking problem, the city is looking to decrease parking rates outside the problem areas. Rochester Street's fees could be chopped in half — from \$3 to \$1.50 an hour.

The highest growth areas are south of the Queensway and west of Rochester Street, where the city's tallest tower — a 55-storey condominium — will be built, plus two smaller towers (45-storey and 18-storey). An 18-storey Domicile condo is also in the works for Rochester and Pamilla streets, plus a controversial nine-storey tower has been proposed for Norman Street.

The city is also looking to increase parking south of the Queensway — possibly with a parking garage.

Little Italy's parking woes will be discussed at a transportation committee on Wednesday.

+ REVENUE

Parking spots

There are 4,337 parking spots in Little Italy: 854 on street and 3,483 in garages.

Citywide, there are five multi-storey parking garages, 14 surface parking lots

and 4,000 paid on-street parking spots.

Last year, the city generated a combined \$16.29 million in revenue from parking both on- and off-streets.

LUCY SCHOLEY/METRO

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Ottawa musician Russ Kelley has released his second album, *In Plain Sight*, since his vocal cord surgery in 1990. BEN WELLAND/CONTRIBUTED

Kelley shows no sign of stopping

MUSIC

New album is musician's second since his surgery



Lucy Scholey
Metro | Ottawa

Russ Kelley never thought he would release another album — let alone two — after having vocal-cord surgery in 1990.

But the Ottawa musician is gracing the stage again to debut a new set of whiskey-smooth tunes from his second album, *In Plain Sight*.

"I feel incredibly fortunate," said the 67-year-old.

"When my voice was damaged, I never thought I would ever sing again, let alone sing professionally."

Kelley, a Montreal native, was an accomplished musician in the 1960s and 1970s

who bought a house and fed his family off his music. Renée Martel's French version of his song, *Elaine* (called *Partir Au Soleil*) was a chart-topper in Quebec in 1972.

Even back then, Kelley's voice was slightly worn out from many nights of belting out a wide range of rock 'n' roll tunes until 3 a.m.

But he stretched that range too far while recording in Halifax in the 1980s.

He was so busy back then that he did not have time to properly warm up his cords. After two hours perfecting a song at the top of his range, he could feel the strain at the back of his throat. His range suddenly collapsed and his clarity clouded.

He underwent surgery to fix the nodes on his vocal cords, but his voice was never the same. He struggled to hit five notes in the middle of his range.

"I had beautiful highs and beautiful lows, but nothing in

+ DETAILS

Kelley will be at Irene's Pub on May 6 at 8 p.m. Cover costs \$10.

the middle," he said. "It most frequently was just air."

In the meantime, he sold cookbooks and dictionaries. He then worked with a Nova Scotia gospel group called the Gospelsairs, which led him to a two-year internship at the Canada Council for the Arts. From there, he landed a job as a program officer and, ultimately, head of the music section.

Eventually, he picked up his guitar again and tried songwriting. As he slowly regained control of his voice, one written song led to another. In 2013, he released *Crazy Shade of Blue*.

Kelley calls his slightly beat-up voice a work in progress.

"It shows no sign of stopping yet," he said.



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A firefighter responds to a blaze in the west end on Saturday night. The cause of the fire has not been disclosed.

MIKE CARROCCETTO/FOR METRO

West-end fire sends 1 to hospital

CARLINGTON

Tenant warned others to evacuate as smoke swelled

One person is in hospital after a fire broke out at a west-end highrise apartment building late Saturday.

Ottawa police, firefighters and paramedics responded to a call around 10 p.m. Saturday night at 1400 Lepage Ave., just south of Carling Avenue and Kirkwood Avenue, after someone called 911 to report heavy smoke on the building's fourth floor.

Darryl Peterson said he began yelling for other residents to get out of the building.

"There was still people in there, so I said 'Get out,' because the smoke was kind of following me," he said.

"I ran over there to the first vehicle I saw and I said, 'There's still people in there. The smoke is thick. It's extremely toxic. It's filling up with smoke real quick.'"

Firefighters rescued a tenant trapped in a burning apartment. Ottawa police say the person was being treated for injuries suffered in the fire. The person has not been identified.

Other tenants fled the building as the thick, acrid smoke filled the hallways.

"You couldn't see jack in there because the smoke was coming so fast," said one tenant.

"It was so thick. It was just coming, I could just see a wall. It was like it was chasing me."

Residents were allowed back into the building around 11:30 p.m. The cause of the fire has not been disclosed.

METRO/WITH FILES FROM MIKE CARROCCETTO



It was so thick. It was just coming, I could just see a wall. It was like it was chasing me.

Tenant of the Lepage Avenue highrise

NEPAL EARTHQUAKE

Ottawa woman missing for days home safe

An Ottawa woman who was trekking with friends in Nepal when the magnitude-7.8 earthquake struck last Saturday has returned home safely.

Faye Kennedy, 32, was travelling through Langtang National Park, to the north of the Kathmandu Valley, and was not heard from by her family for days after the quake.

Kennedy arrived safely in Ottawa from Nepal on Saturday and was welcomed by her family.

A statement put out by family

members says she is grateful to be alive and among loved ones again. Kennedy also thanked social media users, media, fellow travellers, the Nepalese people and the Canadian government for their help in bringing attention to the disaster and getting her home safely.

Kennedy's family had said last week that after she was discovered alive she was airlifted to Kathmandu from the park due to injuries she sustained during the earthquake. THE CANADIAN PRESS



Faye Kennedy, pictured on a hiking trail in Newfoundland, said she is grateful to be alive. TORSTAR NEWS SERVICE

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In Toronto, FitSet members have access to a variety of gyms, including Moksha Yoga. The company is bringing the fitness pass to Ottawa this week. CONTRIBUTED

Pass broadens workout horizons

FITSET

Diverse options give members freedom to find their best fit



Haley Ritchie
Metro | Ottawa

The rule is to pick a workout and stick to it, but what if you can't decide between pole dancing, crossfit or yoga? A new fitness company expanding into Ottawa this month has the answer — and

fortunately it doesn't involve weightlifting, downward dog and hanging from a pole all at once.

Instead, a \$99 monthly membership with FitSet, which already operates in Toronto and Montreal, will let you attend three classes a month at approximately 30 of Ottawa's independent gyms.

"If you like hopping around and variety in your workout, or if you want to use FitSet to find the right workout for you, it's a great tool," said company president Jake Stief.

He said the variety of workout styles available includes yoga, martial arts, crossfit and different kinds of dance,

but the company is looking for more gyms that will work with the pass model.

"What's really cool about the boutique fitness studios, unlike your big box gyms, is that you're really a part of a community. You walk in and you know the trainer," he said.

Some users want to try a lot of gyms to find their best fit, while others, like Stief himself, like it for the variety.

Of course there is a larger variety of boutique gyms in Toronto, but Stief said the company is working on adding more gyms to its Ottawa pass in the coming months.

"We were approached and

it sounded like a really good way to do some networking. It was like we had nothing to lose," said Christine Anderson, owner of Santosha Yoga in Westboro, already signed up.

"Those who are going to buy memberships are going to buy them anyway, so it's like we're reaching a different audience. We're offering something a little different than most yoga studios, so this was a great way to introduce people," she said.

FitSet is expected to officially launch in Ottawa and Calgary later in the month. Memberships will be available for purchase online.

+ READY? SET? GET FIT!

Ottawa gyms taking part

Here are four participating fitness centres that offer some unique options for anyone interested in FitSet:

CrossFit Bytown: CrossFit and Olympic lifting are some of the classes offered at this gym, which is steps away from the Bayview transit station.

Florin's Ultimate Martial Arts Centre: The gym offers taekwondo, mixed martial arts, Muay Thai kickboxing,

Brazilian jiu-jitsu and a fitness boot camp at its Orleans and Kanata locations.

Santosha Yoga Ottawa: This Westboro studio offers yoga classes throughout the day, including Ashtanga, Shanti and Hatha Yoga.

Ottawa Pole Fitness: Two spacious studios, located on Somerset Street West, between Little Italy and Hintonburg, with 17 poles and many courses ranging from beginner to advanced.

TECHNOLOGY

Fitness centre now smartphone-friendly gym

In a single weekend, Algonquin College's fitness centre has been transformed into a cellphone-connected smart gym by Ottawa-based startup GymTrack.

The company's hardware system attaches to already existing gym equipment, where users can borrow a GymTrack bracelet that connects with their smartphone to track tempo and form while they work out.

"People just love the idea of tracking their progress over time without having to go through the tedious manual

entry of putting their data in a workbook or an Excel spreadsheet," said Jeff Ralphs, the company's sales and marketing manager.

will be excited to use the newly launched system.

While it helps consumers, the equipment is also appealing for gyms because the cloud-

cent of gym users have the funds or time to invest in hiring a personal trainer, the app allows for the possibility of getting helpful notifications on a phone from a trainer monitoring your workout.

"It's going to be much more affordable and a great way for gyms to generate more revenue," said Ralphs.

The company raised \$2.5 million in seed funding in February, and is hoping Algonquin College will be the first step in launching the system in commercial gyms across North America. **HALEY RITCHIE/METRO**



People just love the idea of tracking their progress over time without having to go through the tedious manual entry.

Jeff Ralphs, of GymTrack

He said he expects everyone — from the dedicated student athlete to those stepping into the gym for the first time —

based tracking system opens up the possibility of "virtual personal training."

While only about 10 per



Jeff Ralphs, sales and marketing manager for Gymtrack Inc., demonstrates his company's wearable workout tracking gear at the Algonquin College Fitness Centre. LUCY SCHOLEY/METRO

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New app invites Ottawans to order in and SkipTheDishes

DINING

There's more than pizza on the menu



Lucy Scholey
Metro | Ottawa

It's the day after a night out and that walk to Zak's Diner for all-day breakfast seems a little far. Or you want takeout but you're sick of ordering pizza and Chinese.

A new-to-Ottawa app allows you to order prime rib dinners, hummus platters or milkshakes for delivery. You barely need to get out of bed for breakfast on a Saturday morning.

Creator Andrew Chau pitches SkipTheDishes as the Uber of food delivery.

The app caters to restaurants that do not typically offer takeout. Ottawa foodies can pick

+ BACKGROUND

Andrew Chau launched the SkipTheDishes app about two years ago with Jeff Adamson and brothers Josh and Chris Simair in Saskatoon. It eventually expanded across the country, including Calgary, Winnipeg, Red Deer and Vancouver. They are looking to expand into the U.S. later this year, starting in Columbus, Ohio.

from one of 150 restaurants, including The Smoque Shack, Burgers N' Fries Forever and Lieutenant's Pump. An extra delivery fee ranges from \$4 to \$7 and tip is not included.

Much like Uber, a GPS on the drivers' cars allows customers to track their orders from restaurant to doorstep.

If your food arrives cold or if the delivery person got hungry

and took a bite of your shawarma en route, then you can give them a poor rating or complain.

Chau, 27, said he was looking for something different to tickle his taste buds than standard takeout fare. He also has experience in the restaurant industry — his parents are long-time owners of a Canadian-Chinese restaurant in Saskatoon, but do not hire delivery people (they are now on board with Chau's app).

"It's just a hassle. Some days you'll get one delivery and some days you will get 10.... You can't just hire a driver and have him sit around and do nothing," Chau said.

He said the app generates about \$100,000 in extra revenue for participating restaurants. The company makes money through a service fee from the restaurant.

SkipTheDishes is available for free on the App Store.

Just don't try to order ice cream.



A food courier with SkipTheDishes, an app that puts more delivery options on the menu than pizza and Chinese. CONTRIBUTED



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ALBERTA

Feds to seek stay of bail for Omar Khadr

The federal government is planning to seek an emergency stay of an Alberta judge's decision to grant former Guantanamo Bay prisoner Omar Khadr bail, The Canadian Press has learned.

The application, expected to be heard Tuesday before the province's Court of Appeal, would come just hours before another court hearing scheduled to decide on his release conditions.

"The Harper government is not interested in the rule of law," Dennis Edney, one of Khadr's lawyers, said in response.

"It refuses to listen to what the courts have said about Omar Khadr's rights. It continues to spend millions of taxpayers' dollars only to lose time and time again."

The government did not

The Harper government is not interested in the rule of law.

Dennis Edney, lawyer for Omar Khadr

respond to requests for comment.

On April 24, Court of Queen's Bench Justice June Ross decided that Khadr, 28, should be released while he appeals his conviction for war crimes in the United States.

Ross made it clear — and government lawyers didn't object — that the Toronto-born Khadr has been a model prisoner who poses little risk to the public and should be allowed out. THE CANADIAN PRESS

OCT. 19

Byelections set for unusual day

Elections Canada has announced three federal byelections to fill vacant seats in the House of Commons — but the date set is the same for the next expected general federal election.

A statement by Elections Canada on Sunday afternoon said it issued three writs for a trio of Oct. 19 byelections to be held in the ridings of Ottawa West-Nepean, Peterborough and Sudbury.

Former foreign-affairs minister John Baird left Ottawa West-Nepean vacant with his resignation from Parliament in March.

Peterborough is vacant because former Conservative MP Dean Del Mastro was found

guilty last fall of violating the Canada Elections Act.

Former New Democrat MP Glenn Thibeault resigned his Sudbury seat in January to join the Ontario Liberals.

Under electoral law, a byelection must be called within 180 days of the Chief Electoral Officer receiving notice of a vacant seat in the Commons.

In the case of Del Mastro's riding, that 180-day deadline was coming up on Wednesday. Del Mastro's seat was formally vacated on Nov. 7. The deadlines for byelection calls in Baird's and Thibeault's ridings are in September and July respectively.

A spokesperson for Elections Canada was not available Sunday. THE CANADIAN PRESS



Prime Minister Stephen Harper addresses the troops at Camp Patrice Vincent in Kuwait on Sunday. Chief of defence staff Gen. Tom Lawson said the death of a Canadian soldier in Iraq may have been due to fatigue of peshmerga fighters. THE CANADIAN PRESS

Fatigue likely factor in friendly fire: Lawson

MILITARY

Canadian soldier killed by Kurdish fighters in Iraq

Canadian special-forces trainers will likely be advised to stay away from the front in northern Iraq after major Kurdish operations, as it appears battle fatigue among peshmerga fighters was the likely cause of last month's friendly fire incident, the country's top military commander said Sunday.

Gen. Tom Lawson, the chief of defence staff, made the remarks following a speech by Prime Minister Stephen Harper at the fighter base in Kuwait,

which launches many of the U.S.-led coalition's attacks on the Islamic State of Iraq and the Levant (ISIL).

Sgt. Andrew Doiron was gunned down accidentally on March 6, at night, near an observation post along the front lines west of Erbil, in northern Iraq. The Harper government hasn't been briefed on the contents of three separate investigations into the tragedy, but that will happen soon, possibly within a month, Lawson said.

Recommendations will also be made to prevent a repeat of the shooting, which has been described as a case of mistaken identity when the elite Canadian trainers stopped to check on an isolated Kurdish unit.

"What we have to mitigate is

+ TOUR ENDS

Harper left the Middle East Sunday for the 70th anniversary celebration of the end of the Second World War in the Netherlands. He faced persistent questions about Sgt. Doiron's death — something the prime minister said he hoped wouldn't detract from the peshmerga's reputation for halting ISIL in its tracks.

things like fatigue," Lawson said, suggesting that special forces would avoid areas where there had been recent battles.

When asked if the weariness among the under-trained fighters was a factor, the defence chief

said: "I think we'll see the fatigue of the soldiers who were at the front, the peshmerga at the front, would have played a part."

The Kurdish forces had fought a series of pitched battles with extremists in the days leading up to the tragedy.

Canadian military officials, who were not authorized to speak publicly, suggested that visits to the front by trainers have ceased since the accident, which Lawson would not confirm.

Whether any peshmerga fighters face punishment is an open question. And in a sign of how far the force is willing to go to appease its new mentors, Lawson says local commanders have said that the Kurds' investigation will be based on the Canadian investigation. THE CANADIAN PRESS



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Don Briere, owner of 15 Weeds Glass & Gifts medical marijuana dispensaries, stands for a photograph outside one of his locations in downtown Vancouver on Friday.

DARRYL DYCK/THE CANADIAN PRESS

Marijuana sellers lack uniformity

HEALTH

No standard requirements for pot-buying documents

Don Briere stands behind the counter at Weeds Glass and Gifts in downtown Vancouver, surrounded by shelves of multicoloured pipes and clear boxes overflowing with fragrant B.C. bud.

The affable 63-year-old owns 10 stores, making him the owner of the city's largest marijuana business chain, even though selling pot over the counter remains illegal in Canada.

When asked how a customer would buy cannabis, Briere says all one needs is photo ID and proof of a medical condition that might be alleviated by pot — for example, a prescription for pain medication or a bottle of antidepressants.

While Briere insists a person needs a prescription to get marijuana, the same is not true at

all dispensaries. Some will set customers up with a naturopath via Skype to make a diagnosis. Others insist on a note from a doctor. There are concerns that some don't ask for any proof at all.

The haphazard requirements are unlikely to change, since the regulations the City of Vancouver is proposing won't apply. So the question of who can buy pot from the stores appears to remain: It depends where you go.

"The city has no jurisdiction on regulating the selling of products — all we can do is regulate land use," explains Tobin Postma, a city spokesman.

The city hopes to create a new business licence category, charge a \$30,000 fee, ban pot shops from certain areas and require them to be 300 metres away from schools, community centres and each other.

A staff report says the goal is to ensure public safety while providing necessary access to medical marijuana. Council referred the proposal to a public hearing, ignoring Ottawa's de-



The city has no jurisdiction on regulating the selling of (marijuana) products.

Tobin Postma

mands that it shut down the illegal stores.

Const. Brian Montague says Vancouver police use a priority-based approach to drugs that focuses on violent crimes. But cops will crack down on dispensaries if there are complaints involving youth or suspected links to organized crime.

Last week, police raided one of Briere's stores after a 15-year-old was allegedly hospitalized after consuming an edible product. Briere, who has been jailed twice for growing and selling pot, says he will fire staff found to have sold to youth.

THE CANADIAN PRESS



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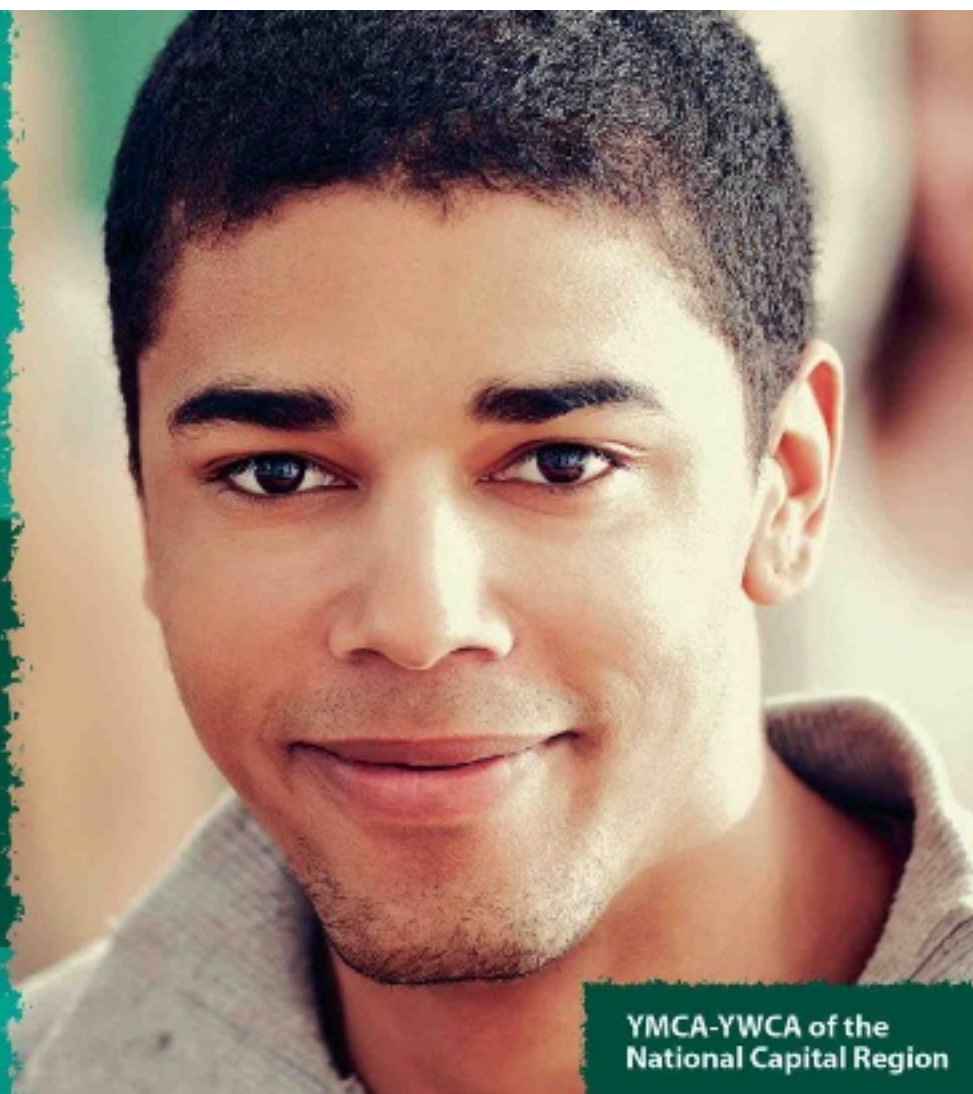
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Alberta PCs' 44 years of dominance under threat

ELECTIONS

Unpopular budget sinking PC ship while NDP surge

Alberta voters deliver their verdict Tuesday in an election campaign born out of faith, now climaxing in fear.

It was supposed to be a 28-day victory lap for Premier Jim Prentice, who called the election a year earlier than mandated by law with 70 of the 87 legislature members in his Progressive Conservative tent.

But campaign polls have the Tories in a three-way dogfight, their four-decade dynasty threatened by the rival Wildrose on the right and the surging NDP to the left.

Political analysts say if Prentice wins a majority government it will not be because of his campaign, but despite it.

"It really has become a campaign plagued by gaffes and process stories rather than vision and platform," says Bob Murray, vice-president of research at the Frontier Centre for Public Policy.

Prentice called the election last month to gain a mandate on his proposed budget, which he called a paradigm-altering, 10-year blueprint to diversify revenue and lessen dependence on volatile oil royalties.

It hiked dozens of taxes and fees while freezing or cutting spending across government and running up debt for infrastructure that will hit \$30-billion by the end of the decade.

On campaign doorsteps, the budget galvanized the Opposition Wildrose party and its new leader Brian Jean, who criticized



Alberta PC Leader Jim Prentice takes part in a Sunday service at a Gurdwara, during a campaign stop in Edmonton on Sunday.

JASON FRANSON/THE CANADIAN PRESS

It really has become a campaign plagued by gaffes and process stories rather than vision and platform.

Bob Murray, vice-president of research at the Frontier Centre for Public Policy

Prentice for not cutting deep enough while hiking taxes.

And it galvanized the NDP party and Leader Rachel Notley, who criticized Prentice for cutting too deep while hiking taxes.

"It was a budget that had something for everybody to hate," says Lori Williams, a policy-studies professor with

Mount Royal University in Calgary.

"Even though it has some very good elements and was good for working families, I think the number of increases in fees and the cuts made it a pretty unpopular budget."

Prentice has also had to deal with scandals, setbacks and roll-

backs.

He promised to stay the course on the budget only to announce two major changes to it on the campaign trail. He pledged deeper cuts to boards, agencies and commissions while reversing a \$90-million cut to charity tax credits.

He has also had to ask Justice Minister Jonathan Denis to resign from cabinet over a court action involving Denis's estranged wife and was forced to address leaked text messages suggesting his party forced out Calgary-area candidate Jamie Lall before the campaign began.

THE CANADIAN PRESS

+ NDP RISING

Political analysts say: Win or lose, Notley has been the story of the campaign.

The NDP won just four seats and 10 per cent of the popular vote in the last election. Under Notley, the polls suggest the New Democrats could dominate Edmonton this time around and even make a breakthrough in the Tory fortress that is Calgary. THE CANADIAN PRESS

HEAVY WEATHER

Pilots fly into eye of storm

Maj. Ivan Deroche is from a family of military pilots but he has taken his career in a unique direction — straight into the eye of a hurricane.

"Most pilots turn the other way and don't go through the nasty weather," said Deroche. "That's our job."

Deroche is a hurricane hunter with the 53rd Weather Reconnaissance Squadron of the U.S. Air Force Reserve, based in Biloxi, Miss.

The pilot and his fellow crew members were in Halifax on Sunday for the only Canadian stop on an awareness tour ahead of this year's hurricane season.

Standing on the tarmac alongside a beast of a WC-130J aircraft, fitted with specialized meteorological equipment, Deroche explained how his job takes him to the centre of a hurricane.

"We fly right through the middle of the storm. We don't go around the periphery or go over it or above it. We go right through the middle," he said.

"That's how we get the real-time data."

That data is crucial to helping Canadians prepare for dangerous weather, said Steve Miller, manager of Environment Canada's Atlantic Storm Prediction Centre in Halifax.

To track storms heading into Canada, the centre receives data from the hurricane hunter aircraft through a partnership with the U.S. National Hurricane Center in Florida.

Miller says that while satellite imagery is useful, you can learn much more about a hurricane by sending a plane straight into it.

"When it flies right into the eye of the storm, it measures the pressure and it knows exactly where the centre of that storm is." THE CANADIAN PRESS

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EARTHQUAKE

Nepalese authorities close main airport

Runway damage forced Nepalese authorities to close the main airport Sunday to large aircraft delivering aid to millions of people following the massive earthquake, but UN officials said the overall logistics situation was improving.

The death toll climbed to 7,250, including six foreigners and 45 Nepalese found over the weekend on a popular trekking route, said government administrator Gautam Rimal. Nepal's Tourist Police reported that a total of 57 foreigners have been killed in the April 25 quake, and 109 are still missing, including 12 Russians and nine Americans.

The main runway was temporarily closed to big planes because of damage. It was built to handle only medium-size jetliners, but not the large military and cargo planes that have been flying in aid supplies, food, medicines,

OTTAWA

An Ottawa woman who was trekking with friends in Nepal when the magnitude-7.8 earthquake struck last Saturday has returned home safely. Faye Kennedy, 32, was travelling through Langtang National Park, to the north of the Kathmandu Valley, and was not heard from by her family for days after the quake.

and rescue and humanitarian workers, said Birendra Shrestha, the manager of Tribhuvan International Airport, located on the outskirts of Kathmandu.

THE ASSOCIATED PRESS

MORE EARTHQUAKE COVERAGE, PAGE 18

TEXAS

Three shot near contest for Muhammad cartoon

A provocative contest for cartoon depictions of the Prophet Muhammad in a Dallas suburb was put on lockdown after authorities reported a shooting outside the building.

An officer dressed in SWAT gear took the stage toward the end of the event at the Curtis Culwell Center in Garland and told attendees, including an Associated Press reporter, that a shooting had occurred. He said one officer and two suspects had been shot.

It wasn't immediately clear if the shooting was related to the event.

Garland Police Department spokesman Joe Harn declined to confirm the SWAT officer's statements and said he had no

details.

Attendees were taken to another room. Authorities said around 8 p.m. Sunday that the group would be moved to a nearby high school.

The New York-based American Freedom Defence Initiative was hosting a contest that would award \$10,000 for the best cartoon depicting the Prophet Muhammad at the venue.

Such drawings are deemed insulting to many followers of Islam and have sparked violence around the world. According to mainstream Islamic tradition, any physical depiction of the Prophet Muhammad — even a respectful one — is considered blasphemous.

THE ASSOCIATED PRESS

IN BRIEF

Angolan opposition, police at odds over number killed in raid on religious sect

Angolan police and opposition politicians are at odds over the exact number of people killed in a raid on a religious sect that believes the world will end in 2015.

Angola's main opposition party, UNITA, has accused the police of killing 1,080 people when they raided the Seventh Day Light of the World Church in central Huambo province on April 16. Police say the number of fatalities is much lower, reporting that 13 civilians and nine policemen were killed during a raid that led to the

arrest of the sect's leader Jose Julino Kalupeteka.

THE ASSOCIATED PRESS

Baltimore mayor lifts citywide curfew

Six days after the death of Freddie Gray sparked riots in Baltimore, the city's mayor lifted a citywide curfew on Sunday morning, signalling an end to the extraordinary measures taken to ensure public safety amid an outcry over police practices. Protests since Monday's riots have been peaceful, and Friday's announcement of charges against six officers involved in Gray's arrest eased tensions. THE ASSOCIATED PRESS



A doctor examines a child rescued by Nigerian soldiers from Boko Haram extremists at a refugee camp in Yola, Nigeria, Sunday.

SUNDAY ALAMBA/THE ASSOCIATED PRESS

Boko Haram stones girls ahead of rescue

NIGERIA

Military says it freed 700 captives in the past week

Boko Haram fighters stoned some of their captives to death as Nigeria's military approached to rescue the women, survivors told The Associated Press on Sunday.

Several women died when they were crushed mistakenly by a Nigerian military armoured car.

And three were blown up by a land mine as they were walking to freedom.

These tragic stories come from girls and women brought to a refugee camp, still finding it hard

to believe they are safe, some after more than a year in the hands of Nigeria's homegrown Islamic extremists.

Lami Musa, 27, and her five-day-old baby girl, are among 275 children, girls and women who were getting medical care and being registered Sunday on their first day out of out of Nigeria's war zone.

Musa was in the first group to be transported by road over three days to the safety of Malkohi refugee camp, a dust-blown deserted school set among baobab trees on the outskirts of Yola, the capital of northeastern Adamawa state.

Musa had just given birth to her yet-to-be-named babe last week when the crackle of gunfire hinted rescuers might be nearby.

"Boko Haram came and told us they were moving out and

“We just have to give praise to God that we are alive, those of us who have survived.”

Lami Musa, 27, as she cradled her five-day-old baby girl

said that we should run away with them. But we said no,” she explained from a bed in the camp clinic.

“Then they started stoning us. I held my baby to my stomach and doubled over to protect her.”

She and another survivor of the stoning, Salamatul Bulama, said several girls and women

were killed, but they do not know exactly how many.

The horrors did not end once the military arrived. A group of women were hiding under some bushes. They could not be seen by the soldiers in an armoured personnel carrier who drove right over them.

“I think those killed there were about 10,” said Bulama.

Other women died from stray bullets, she said, naming three she knew.

At the camp, 21 girls and women with bullet wounds and fractured limbs were taken to the city hospital after they arrived Saturday evening.

The women and children were rescued by the military from the Sambisa Forest, the last stronghold of the Islamic extremists.

THE ASSOCIATED PRESS

CAPITAL PUNISHMENT

Death sentences on the decline in U.S.

A prosecutor's decision not to seek a death penalty for the man accused of abducting and killing a British-born University of Virginia student is emblematic of capital punishment's decline across America and in the state that once operated one of the busiest execution chambers in the U.S.

Virginia has sent only six people to death row in the last nine years after sending 40 over the previous eight years, according to statistics compiled by the Death Penalty Information Cen-

ter, a Washington-based advocacy group that opposes capital punishment. As a result, the state only has eight inmates awaiting execution — down from a high of 57 in 1995.

Experts say public opinion about the death penalty is shifting, partly because more than 150 people sentenced to die have been exonerated.

“That has shaken the confidence of jurors and the public so they are willing to convict people but not sentence them to death as much,” said Richard Dieter,

executive director of the Death Penalty Information Center. Dieter noted in a recent report that national Gallup polls show support for the death penalty has tumbled from 80 per cent in 1994 to 63 per cent. Meantime, death sentences nationally have declined from a peak of 315 in 1996 to 72 last year. Even Texas, by far the execution leader with 524 since 1976, has seen death sentences dwindle to fewer than a dozen a year after peaking at 43 in 1994.

In Virginia, Matthew is

charged with first-degree murder in the death of 18-year-old student Hannah Graham, who moved to Virginia from Britain as a young child. He is also charged with abduction with intent to defile, which is the first of 15 offences listed in state law that can elevate a murder count to capital murder. Albemarle County's chief prosecutor has declined to say specifically why Matthew, who is due in court for a hearing on pretrial matters Tuesday, was not charged with capital murder.

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Parties prepare for coalition

U.K. ELECTION

Polls predict Conservative or Labour minority

With just a few days till Britain's May 7 election, leaders of the country's main political parties used the weekend to win over undecided voters in what is expected to be the most unpredictable election in decades.

Most opinion polls suggest that the ruling Conservatives and their main opponents, the Labour Party, are neck and neck, each hovering around the 30 to 35 per cent mark. If no party wins a majority, some form of coalition appears likely.

In a speech to activists, Cameron said he is the "only option" to avoid a power-sharing deal between Labour and the separatist Scottish National Party — a "calamity for our country," he warned.

Cameron and other party leaders set out their "red lines," or issues they say they wouldn't



British Prime Minister David Cameron receives a kiss from a woman as he arrives Sunday to watch the Tour de Yorkshire cycle race during campaigning in the lead up to the parliamentary elections on May 7. JON SUPER/THE ASSOCIATED PRESS, POOL

compromise on should they enter into a governing pact with another party.

The prime minister insisted

that if his party wins power again, he wouldn't bargain away their insistence to hold an "in-out" referendum on Brit-

ain's European Union membership. Cameron has long said that he wanted Britons to decide whether they want

to stay or leave the EU by the end of 2017.

"Come what may, I will not be PM of a government that



A calamity for our country.

Prime Minister David Cameron, on the prospect of a Labour/SNP coalition

does not deliver that referendum," he said.

He also appealed to supporters of two smaller parties, the U.K. Independence Party and the Liberal Democrats, to vote Conservative.

Meanwhile, Labour leader and aspiring prime minister Ed Miliband unveiled what election promises his party had carved in stone — literally.

Miliband showed off an eight foot tall limestone monument listing his key manifesto promises, including immigration control and higher living standards for working families.

"We will restore faith in politics by delivering what we promised at this general election," he said.

Cameron mocked the idea, calling it Miliband's "tombstone." THE ASSOCIATED PRESS



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MEDITERRANEAN

Illegal migrants rescued from sea

Italian Coast Guard and commercial vessels came to the rescue of at least 16 boats of migrants Sunday, saving hundreds of them and recovering 10 bodies off Libya's coast, as smugglers took advantage of calm seas to send packed vessels across the Mediterranean.

The Italian Coast Guard said the bodies were found in three separate rescue operations off Libya's coast.

Sunday's drama at sea came a day after 3,690 migrants were saved from smugglers' boats. Most of those migrants were still being taken to southern Italian ports even as the fresh rescues were taking place.

The soaring numbers sparked the latest round of calls from far-right politicians in Europe for drastic action to stop migrants from reaching European shores.

Far-right National Front leader Marine Le Pen said France should send migrants back across the Mediterranean Sea.

A French patrol boat on Saturday rescued 217 migrants from three rubber dinghies and detained two suspected smugglers before all were turned over to Italian authorities.

Criticizing European immigration policy, Le Pen said on Europe-1 radio Sunday that France should send migrants back to their port of departure so "traffickers know that no migrant will come ashore on our coasts."

With Italy bearing the brunt of the arrivals for years now, the Italian far right, spearheaded by the anti-immigrant Northern League party, has also been pushing for a radical change in how the migrant sea arrivals are handled.

One such suggestion has been to keep rescued migrants aboard large ferries offshore until their asylum applications, a process that can take months or more, are examined. Then only those found eligible for asylum in Europe would come ashore.

How the others aboard would be sent back to their homelands hasn't been made clear in these proposals.

Italy and humanitarian officials have been warning for weeks that the smugglers' boats would continue to head toward Italian shores unabated, and that spells of mild weather and calm seas could see spikes in the arrivals.

THE ASSOCIATED PRESS

Saudi-led coalition lands troops amid air strikes

YEMEN

Soldiers on recon mission, officials claim

With helicopter gunships hovering overhead, at least 20 troops from a Saudi-led Arab coalition came ashore Sunday in the southern port city of Aden on what military officials called a "reconnaissance" mission, as fighting raged between Iranian-backed Shiite rebels and forces loyal to the nation's exiled president.

It was the first ground landing by coalition forces since the start

of the Saudi-led air campaign against the rebels and their allies — forces loyal to ousted President Ali Abdullah Saleh — who have captured most of the north and marched on southern provinces over the past year.

In Cairo, meanwhile, Egypt — a key coalition member named as a likely participant in any ground offensive in Yemen — acknowledged for the first time that it has deployed troops in the Gulf region and the Red Sea as part of the coalition.

Yemeni military officials said the coalition troops would help train forces loyal to the country's internationally recognized

leader, President Abed Rabbo Mansour Hadi, who has been in exile since he fled Aden in March. They would also try to identify an area that could serve as a "green zone" from which Hadi and his government could operate when they return.

The Western-backed Hadi fled to neighbouring Saudi Arabia in March, just a few weeks after he fled the capital, Sanaa, which was captured by the rebels, known as Houthis, in September.

Saudi officials declined to comment on Sunday's landing. However, military and security officials have repeatedly said a ground operation would follow

the Saudi-led air campaign that began on March 26, after the military capabilities of the Houthis and their allies had been sufficiently weakened.

On Sunday, Yemeni officials said streamlining the militiamen fighting the Houthis in Aden was a key step toward establishing a coherent force to which a coalition expedition could lend support.

The coalition troops included black-clad masked men as well as Yemeni expatriates wearing military-style shorts, and landed in a central area between Aden's neighbourhood of al-Mansoura and the airport, said the Yemeni

officials and witnesses reached by The Associated Press inside Aden.

The officials, who include a top army commander based in Aden and loyal to Hadi, spoke on condition of anonymity as they weren't authorized to brief journalists. Residents who witnessed the landing also spoke on condition of anonymity for fear of reprisals.

The troops used at least four vehicles to move around Aden and included Yemenis who had been serving in the armed forces of Gulf Arab members of the coalition and were likely serving as guides, the officials said.

THE ASSOCIATED PRESS



BURUNDI SYMBOLICALLY SILENT Journalists with tape on their mouths gather on the occasion of World Press Freedom Day in the nation's capital on Sunday. In the wake of demonstrations protesting against the move by President Pierre Nkurunziza to seek a third term, the government shut down access to some social networks and closed a private radio station. JEROME DELAY/THE ASSOCIATED PRESS

ISRAEL

Protesters, police clash on streets of Tel Aviv

Several thousand members of Israel's Jewish Ethiopian minority community protested in Tel Aviv against racism and police brutality on Sunday, shutting down a major highway and clashing with police long into the night.

The protest was mostly peaceful during the day, but by nightfall became violent with at least 20 officers hurt and "multiple protesters" arrested, a police spokesman said.

Protesters threw rocks and

bottles at officers in riot gear and police deployed officers on horseback and used stun grenades to try and control the crowds.

Local media reported protesters tipped over a police vehicle and set fires near city hall.

Simmering frustrations among Israel's Ethiopian community boiled over when footage emerged of an Ethiopian Israeli in an army uniform being beaten by police last week. Thousands



I don't want to be beaten by police ... I want equality.

Batel, an Israeli-Ethiopian protester, in Tel Aviv

of Ethiopian Jews live in Israel, but their assimilation into Israeli society has been difficult. Ethiopian community members

complain of racism, lack of opportunity, endemic poverty and routine police harassment.

"I am here to fight for our rights," a woman named Batel from the northern city of Nazareth Illit told Channel 2 TV.

"I don't want to be beaten by police," said the 21-year-old, who didn't give her last name. "My parents didn't immigrate here for nothing. I want equality."

Police said thousands of people took part in Sunday's

protest, blocking roads in central Tel Aviv as well as a main highway leading to the city during the day.

It was the second such protest in several days and supporters say the demonstrations will continue.

Public Security Minister Yitzhak Aharonovich told Channel 2 the officers caught in the footage are "a disgrace" and are being investigated.

THE ASSOCIATED PRESS



In this April 30 photo, a Nepalese woman and a child walk past damaged houses in Kathmandu, Nepal. Although fear has driven many to relatives' homes in the countryside, others have made a wrenching decision. They have returned to buildings that the earthquake rocked partially off their foundations. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

'What other choice do we have?'

NEPAL EARTHQUAKE

Survivors living in buildings that may collapse at any moment

Four days after the earthquake ripped apart the supporting wall attaching her ancient brick house to the tilting seven-storey building next door, Parbati Gautam moved back in.

As the aftershocks keep coming, she can't stop thinking about the wretched state of the four-storey structure where she and her husband operate a narrow, soot-streaked bakery on the first floor — and the closet-sized room behind that where they sleep with their two little girls.

The building was so rattled by the huge April 25 quake that

first-sized cracks spread like webs across the walls and ceilings, connecting in places like small river deltas seen from the air. And then there's the giant, peach-coloured building that looms unsteadily over her home and workplace.

"I feel like I could die anytime. But I have to work, and I have no other place to go," she says as her husband cooks small pastries behind her on a gas stove. Before moving back, they slept under the open skies, without a tent or tarp, until her fear that thieves would steal her baking equipment, and the need to make money, drove them back home. "I worry about the children, but what other choice do we have?"

In the shattered neighbourhoods of Kathmandu, down buckled, potholed dirt roads, similar stories emerge.

Although fear has driven many survivors to relatives' homes in

the countryside, and some still live outside in vacant lots amid pancaked homes, others have made a wrenching decision.

They have returned to buildings that the earthquake rocked partially off their foundations, so that the backs sag dangerously below the fronts like an animal squatting on its haunches. Or to homes where the brick has crumbled. Or where the walls have split, the facades droop and the balconies slant toward the ground below.

None of those interviewed on a recent visit to some of the hardest hit neighbourhoods had any long-term plans for rebuilding or strengthening their homes. None had seen a government inspector or structural engineer.

When pressed about why they've returned, they shrug and offer up a variation of the same question: "What else could I do?"

In the same building where Gautam's family lives, Pushpa Man Shrestha can relax a little during the day, when other people are around. But at night, when it's just him, he's too scared to sleep. He leaves the door open so he can flee quickly if an aftershock brings the building down.

Bricks are exposed under the shattered, green-painted plaster. Dust swirls in sunlight that filters in between the large cracks where the house has been ripped from the big building next door.

"If a big enough earthquake comes, this house might fall on me," Shrestha, 53, says. "I'm very frightened, but what can I do? I have to protect the possessions here. There are thieves everywhere."

On the roof of Khim Bahadur's stately four-storey home, the concrete slab platform that once held his water tank has been knocked over and cracked; it juts into the air at an angle and seems ready to fall to the street below. There are cracks on each floor, and along the foundation.

"I still don't know if it's dangerous or not," says Bahadur, 40, who works in construction. "I'm maybe 70 per cent confident, and 30 per cent worried. No one around here knows if their homes are OK. That's the most worrying thing."

A neighbour presses a handwritten note begging for shelter into a reporter's hand.

From Bahadur's roof, you can see the green mountains sur-

+ SHELTER: THE MOST URGENT NEED

Experts have warned that many of the city's buildings may have been "softened up" by the magnitude-7.8 quake, and a big aftershock, coming closer to the densely packed capital than the earthquake did, could be devastating. The UN humani-

tarian chief said on a visit this week that the most urgent need is shelter. She called for an assessment of buildings to see which ones are too dangerous to live in.

But many of the citizens of Kathmandu can't afford to wait.

rounding Kathmandu plunging into a valley filled with homes painted in pink, yellow and blue pastels, some with dozens of multi-coloured prayer flags snapping in the strong wind. But look closer and there are buildings not so different from Bahadur's that have crumbled into piles of rubble and cracked concrete.

Anu Shrestha and six members of her family sleep in a one-room shack in the shadow of where they once lived, an 82-year-old brick building that the quake battered into near-collapse. The building they're in now isn't much better.

To enter the compound, you walk over a fallen brick wall,

past a toppled slab of concrete that rests on a smashed scooter and motorcycle. Inside, it's dark and reeks of mildew. There's no electricity or running water. The back wall has collapsed, a blue tarp hanging in its place. The ceiling is another blue tarp, the roof above that is made of tin sheets held down by wood and bricks.

"We're not safe here," Shrestha, 31, says. "I feel I will die now."

Five of their neighbours were killed in the quake. They only remain because they need to protect their cosmetics shop.

"We don't want to stay here, but we don't know what to do," she says. THE ASSOCIATED PRESS



If a big enough earthquake comes, this house might fall on me. I'm very frightened, but what can I do? I have to protect the possessions here. There are thieves everywhere. Pushpa Man Shrestha

Insurers warn of Airbnb risks

INSURANCE

Many policies do not cover homes rented to strangers

Airbnb may seem like a fast route to a quick buck for Canadians who own properties in popular travel destinations, but renting out a home to strangers can be perilous.

A Calgary family learned that lesson the hard way last weekend, when their home was trashed amid a “drug-induced orgy” by hard-partying renters and deemed unlikely to be habitable for months due to biohazard concerns. Property damage was assessed at around \$75,000.

While the U.S.-based company is covering the costs, insurance companies are urging those pondering the Airbnb route for this summer, especially in cities like Toronto where an influx of visitors is expected for the Pan Am Games, to slow down and get informed.

A reality check is particularly important because the vast majority of property insurance policies don't bank on people handing over the keys to their homes to complete strangers, Steve Kee of the Insurance Bureau of Canada said in a telephone interview.

“You really need to check with your insurance representative to find out what you're covered for and what some of the risks may be,” he said. “Each company may have slightly different ways that they would apply this.”

The occupants of a home, Kee added, have to level with their insurance companies about their plans.

There are usually specific coverage options for properties that are known to be available for rent, he said. The policies typically protecting a person's primary residence, however, are based on a vastly different set of assumptions.

“If you have a home policy, you are covered for the fact that you are living there, and from time to time friends and family may come and stay with you,” Kee said, adding that



Insurance companies are warning homeowners looking at renting out their premises through Airbnb that regular home insurance policies may not provide coverage. GETTY IMAGES

coverage rules can cease to apply the moment the homeowner vacates the premises and leaves it in the hands of others.

Some industry watchers believe the time is right to start drafting guidelines for a busi-

ness model that, despite the odd bout of bad press, shows no signs of flagging.

Gabor Forgacs, associate professor with Ryerson University's School of Hospitality and Tourism, said companies like Airbnb are founded on a

universally appealing principle — the desire to either make or save money.

People renting their property stand to turn a tidy profit, while consumers taking advantage of their offers often wind up paying far less than

+ REGULATIONS

Quebec looking at taxes

At least one Canadian province has begun mulling the idea of regulating an industry that has up until now been something of a Wild West. The lack of regulations governing the evolving shared rental economy has landed on Quebec's political radar.

Earlier this week, Tourism Minister Dominique Vien said the province wants to make people pay taxes if they rent out their homes or rooms for profit, and subject them to the same regulations as registered hoteliers.

they would through a more traditional arrangement.

“I don't expect any major changes in the business model,” Forgacs said. “As long as the economic reasons are there, these business models are sensible to a growing number of people.”

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MYMETRO

Neal Leithead, Winnipeg

Where are you going?

Heading to breakfast with friends.

What are you up to today?

It's my day off, so I'm probably going to go for a bike ride later and take a nap.

What is your commuting routine?

I mostly drive during the week, but when I take the bus I always grab a copy of Metro Winnipeg to pass the time.

What place should someone new to the city visit?

In the summer I spend a lot of time at Assiniboine Park.

Correction: In last week's #MyMetro, the age of Heather Gautreau of Halifax was incorrectly published. She is 33. We apologize for the error.

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ROSEMARY WESTWOOD

metroview

Beyond 'boyfriend': Why it's so hard to label the one you love

I hate the word boyfriend.

It's juvenile. Flippant. It makes me feel 12 years old again. I wouldn't go back there if you offered me a first-class ticket. (And I've never even flown first class.)

For someone who's in love at (almost) 30, boyfriend is a throwback to the boy who gave me a plastic bracelet in Grade 5, the two-week beau in junior high and, later, a nine-year string of monogamous relationships.

Then, there were the six years of dating — hands-down the most linguistically rich of relationship years.

In our anxiety not to put the boyfriend/girlfriend label on every person we grab a drink or a romp in bed with, people in their 20s have devised a dizzying and enviable array of terms for what they're getting up to.

Slampiece. Fling. One and done. Bar hookup. Friends with benefits, f-k buddy, booty call, one-night stand.

Sex and relationship researcher Jocelyn Wentland has found 17 common terms like these. What sounds like cheap slang is actually a sophisticated code, she discovered. Her research shows most people agree on the nuances between friends with benefits, for example, and booty call.

The labels are important ways for people to understand the relationships they're in, she argues; an

elaborate language to reflect the messiness of dating life.

"People are out there fumbling around in the dark," she told me.

The linguistic fun stops when people get committed (bae — short for babe — holds zero creativity). That's despite the fact that the messiness doesn't go away, though it may become more of a private matter.

I've been through that dating quagmire. I've grown, and I've found what I want. Depressingly, it comes with the same term it had when I was in training bras. And there are no good alternatives.

Hubby sounds like a stuffed toy. Partner is too vague, too politically correct, too businesslike. Significant other has far too many syllables. "My man" sounds like I'm a character in Show Boat (though in private, I'll admit, I say it to him).

The labels don't bother C., the man for whom I can't find the right words.

"You don't like the term, 'The human being I'm currently sharing my life with?'" he joked when I told him he's not my boyfriend. Finding the right label is only part of our "pitiful attempt to understand these deep things," he said. Even so, as we chatted, he came around to the right diction, despite himself.

"My love is the only word," he said. "Everything else is just dressing."

Pot lounge shouldn't give mayor the vapours

COLLINS' CAPITAL

Steve Collins



Mayor Jim Watson often jokes he'll attend the opening of an envelope. He maintains a superhuman schedule of public appearances.

One invitation that pushed the envelope too far, though, was to BuzzOn, the new "vapour lounge" where, for a \$5 membership fee, patrons can smoke marijuana they bring.

BuzzOn's "the last thing this city needs," Watson said last week. He declined manager Wayne Robillard's invitation: "That would turn into a bit of a three-ring circus and generate publicity for him. I want to see areas like Vanier develop with legitimate, exciting new businesses, not something that is clearly illegal."

So, sight unseen, that's the

mayor's position, but Robillard, who's about as laid-back and unthreatening a menace to public order as I've ever met, has had no shortage of official visitors.

A city building inspector dropped by to advise that an interior wall across the front entrance will have to come down. And as of Friday night, the police had paid three visits, two of which Robillard characterized as "aggressive." Officers asked customers for ID and confiscated one guy's weed when he couldn't produce a medical permit.

If the mayor were to drop by BuzzOn, he'd see something like the drop-in centres and banquet halls he knows so well, furnished with folding chairs and tables. There's the mildest whiff of marijuana (rented vaporizers seem to be the most popular smoking method) and low reggae music in the air.

A chain stretches across the entrance (police, Robillard said, have twice pulled it out of the wall during their inspections), where patrons are asked for ID proving they're 19 and primed on the rules.

These include bring your own bud, no mooching, no alcohol or tobacco, no abusive behaviour — and above all, no dealing.

"We don't tolerate it whatsoever. And it's not 'Don't ask, don't tell,' believe me. Don't do it. If we catch you, you're banned for life."

Robillard was disappointed by the mayor's comments: "Basically, he said that marijuana users should stay in their own home."

This, he said, isn't always an option. One patron, married with kids, has a medical permit but isn't comfortable smoking with the kids in the house, or in the backyard where he'd have to explain

himself to the neighbours.

"He's been here four times since he found out about us. He and his wife come in, they play cards together, he gets to medicate, they enjoy the tunes, it's their night out and they feel like there's no stigma here. How is that wrong?"

I don't have a ready answer. The official reaction to BuzzOn reminds me of the futile ongoing freak-out over Uber, which has resulted in \$16,000 in fines against 24 drivers but no apparent effect on the ride-sharing app's popularity.

These cases suggest to me that, when confronted with something new, there may be more effective policy stances than eyes wide shut and whistling for the police.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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GETTY IMAGES

After college, McHale is a standup kind of guy

COMEDY

Community star Joel McHale takes his snark for a solo spin



Jennifer Friesen
Metro | Calgary

Fresh out of the gate after filming the final season of *Community*, Joel McHale is making his way through the prairies for a solo standup comedy tour.

Despite being most well-known for his role as a college study group's devilishly suave ringleader in *Community*, McHale has been around the comedy scene for years.

He joined *The Soup* as host in 2004, doling out a pop-culture

recap for the week, but with a comic spin.

When asked about his first foray into standup nine years ago, McHale laughed and said he was "a terrible comic."

He started off hosting comedy shows, dropping a few jokes in between his friend's sets, but after about six months, he had enough for his own set and took up his first time slot in Santa Monica.

"Standup is a completely different beast," he said. "It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding."

Ever since *Community* ended, McHale said he's been out every week flexing his standup muscles at different clubs.

Now, after two months of gearing up, he said he's ready to fly back into the game headfirst.

"It's like getting ready for a season of some sport, where you have to work at it and get



Standup is a completely different beast. It's very fun and exhilarating, sometimes terrifying and demoralizing, and sometimes incredibly rewarding. Joel McHale



EVER GREENDALE

Spirit of cult series lives on

As far as future plans go, McHale said there are no plans for Season 7 of *Community*, but the possibility of the show making a comeback and "talk of a movie," are still lingering.

"I know Yahoo wants to do it, and I would love to do it, so we'll see," he said.



The cast of *Community*.

into shape," he said.

But despite any lingering nerves, the comedian said after hosting the White House Correspondents' dinner last year, he doesn't know if he'll ever really be nervous again.

"I mean, after that, I feel like I could disarm a bomb," he laughed. "I don't know if I'd say I get nervous, I do get very excited."

McHale is known for his witty straight-faced snark while picking apart the latest endeavours in pop culture. He said parents told him he was always trying to get a laugh when he was young, but he said that the roots of his sense of humour come from a place of "fear and panic."

"I wanted to be an actor

very early on in my life," he said. "And I kept thinking 'I'm going to do this until I have to get a real job.' And I've had to get real jobs here and there when I was growing up, and when I was in my 20s, but I've been insanely blessed that I get to work in the field that I work in. I get to do what I love."

+ TOUR STOPS

Two Canadian shows

McHale will take the stage in Calgary on May 8 at the Southern Alberta Jubilee Auditorium before finishing up the trip in Winnipeg on May 9, performing at the Burton Cummings Theatre.



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Claire the Spare
Charlotte Diana

NEWBORN PRINCESS

What will the royal couple name their latest addition?

Princess Charlotte has a certain ring to it. Or how about Princess Alice?

Britain's newborn princess, the second child of Prince William and the Duchess of Cambridge, has spent her first night at home in London's Kensington Palace, but the guessing game continued Sunday over what her name will be.

When the baby's older brother, Prince George, was born in 2013, the royal couple took two days to reveal his name, waiting until after Queen Elizabeth II had met her new great-grandson.

Meanwhile, Britain's legal bookmakers have been busy taking in thousands of bets for the baby's name. For weeks, they have been saying that Alice is the

clear favourite. But in recent days Charlotte, the feminine form of Charles, has become the frontrunner.

Other top possibilities included Olivia, Victoria, Elizabeth, Alexandra and Diana, the name of William's late mother.

The newborn may herald a new generation in the monarchy, but it is customary for royals to look to their past for name ideas. The repetition of names in each generation is at least partly an effort to preserve the continuity of one of the world's oldest institutions.

A princess called Charlotte — a name that is French in origin — would be a nod to her grandfather, Prince Charles. In royal history, George IV named his only child Charlotte, but she died in childbirth at 21. George III's wife was Queen Charlotte, who was born 1744.

THE ASSOCIATED PRESS

GUESSING GAME



Ned Ehrbar
In Hollywood

Let's make up names!

We're living in that glorious heady and fleeting time the little princess could be called anything. And you know what that means: Time for some baseless speculation! Sure, the odds-makers over in Great Britain are heavily favouring either Charlotte or Alice, and a lot of sentimental folks are hoping for Diana, but we have some suggestions of our own for Will and Kate to consider. We hereby theoretically dub the latest addition to the royal family Princess ...

1. Beyoncé
2. Daenerys
3. Kate Jr.
4. Claire the Spare
5. Camilla
6. George
7. Princess
8. No, really, Daenerys
9. #RoyalBaby
10. Ultron

OK, fine. What do you think the new princess should be named?
scene@metronews.ca

MAY THE FOURTH

Trank probably not observing Star Wars Day

It's May 4, adorably known as Star Wars Day — "May the fourth be with you," get it? — but all is not sunny and celebratory in the galaxy far, far away.

Director Josh Trank announced over the weekend that he had "made a personal decision" to step down from helming a 2018 "Star Wars" spinoff film, but the move comes after months of rumors about his "erratic" behavior while directing this summer's Fantastic Four reboot. "If you've got someone who can't answer questions or who isn't sure or is hiding, that's not good," a source tells the Hollywood Reporter.

Also, his small dogs allegedly did as much as \$100,000 worth of damage to the New Orleans home that was rented for Trank during the shoot, which is impressive if nothing else. Sources



Director Josh Trank
GETTY IMAGES

say Simon Kinberg, producer of both Fantastic Four and the in-development Star Wars film, reported back to Lucasfilm about Trank's troubling behaviour, leading to the split. So ... happy Star Wars Day?

NED EHRBAR/METRO

EVA LONGORIA

Spice Girls reunite with a Scary sub-in



The Spice Girls, minus Scary, plus Eva Longoria.

@VICTORIABECKHAM/TWITTER

Victoria "Posh Spice" Beckham marked husband David Beckham's 40th birthday bash in Morocco with a Twitter photo from Marrakech featuring herself, Geri "Ginger Spice" Halliwell, Emma "Baby Spice" Bunton, Melanie

"Sporty Spice" Chisholm and ... Eva Longoria?

The original Scary Spice, Mel B, was apparently unable to make it to the party due to America's Got Talent obligations.

NED EHRBAR/METRO

TROUBLE IN HOLLYWOOD

Bruce Jenner faces wrongful death suit

While he's been riding high after his big Diane Sawyer interview about being transgender, Bruce Jenner still has that Malibu car accident back in February to deal with. The former Olympian and reality TV star is facing a wrongful death suit by the adult stepchildren of the woman who died in the accident after Jenner rear-ended her, claiming that Jenner was "careless and negligent," according to Radar Online. He's also still facing poten-

tial vehicular manslaughter charges.

NED EHRBAR/METRO

Streisand's dog bit flight attendant

Barbra Streisand's prize Coton de Tulear, Samantha, reportedly sunk her teeth into a flight attendant during a recent trip from New

York to Washington, D.C., requiring several stitches, according to Page Six. Streisand, for her part, was "horrified" about the incident. "Barbra apologized profusely to the flight attendant," a rep for the singer says.

NED EHRBAR/METRO

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When you charge something on your credit card and don't pay your balance off in full at the end of the month, you're spending money you haven't earned yet. And it's only a matter of time before all those minimum payments end up squeezing your cash flow.

You can't afford to pay cash for that couch or vacation now, but you'll be able to at some future date? Gosh, how can you be so sure your future will bring more money to let you cope with your bills and the spending you did in previous months or years?

Canadians are carrying record levels of debt on our lines of credit, our credit cards, and loans. Why? Simple: We've forgotten how to live within our means. We're ricocheting out of control, spending money we've yet to earn. We're buying stuff we think we need, when all we're doing, really, is scratching our consumer itch.

Know the red flags

The fact that we can't seem to get to the end of the month before we get to the end of the money should be our first clue.

Are the balances on your credit cards or lines of credit rising? Yes. Then you're living beyond your means. Paying only the minimum on your

credit cards or lines of credit while you continue to increase the balance you owe is a sure sign you're on a downward spiral.

When, exactly, are you going to have the money to finally get rid of the debt? Is some magical wand-waving fairy godmother going to pop into your world and whoosh away your debt? Or do you figure that a windfall is in your future? Hey, WAKE UP! If you have a \$5,000 credit card balance at 18.9 per cent and make a minimum payment of just 2.5 per cent per month, you'll end up forking over almost \$8,000 in interest over the 25 years it takes you to pay off the balance.

Are your cards maxed out leaving you worried that they're going to get declined? Then you're living beyond your means. You don't think being in debt is worse than the embarrassment you'll suffer? Good lord, wake up!

Are you constantly in overdraft? Yes. Then you're living beyond

your means. Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month. If you dip into overdraft for more than two days a month, you're developing a bad, and very



Overdraft protection is meant to provide you with a safety net in case something goes wrong. It's not meant as money you have to spend every month.

costly, habit.

Are you missing payments on bills? Then you're living beyond your means. This is a sure way to ruin your credit rating and increase your interest costs.

If you don't have a handle on

tricity bill, but you don't have to have premium cable (or any cable for that matter.) Okay, now deduct your have-to-pay amounts from your monthly income in order of importance. When you run out of money, cancel everything else.

Are you borrowing money from family and friends? Then you're living beyond your means. Seriously, what makes you think you have the right to spend all of your money, and then start spending the money other people have worked hard to make? Grow up!

Are you taking cash advances on your credit cards or using services like pay-advance stores? Yes. Then you're living beyond your means. Cash advances, applying for new cards so you can transfer balances and heading to a pay-advance store are all signs that you're in big trouble.

Change your mindset

I know you've found it easy to get credit. Lenders have been throwing credit at us for years and it's been so easy to say yes. I know it's nice to have what you want when you want it. I know everyone else is using credit like it's disposable income.

But just because all the people you know are walking along the edge of a precipice doesn't mean you should follow them. If you've been walking in lockstep with a bunch of fools who can't control their spending to the point that they put themselves and their families at risk, then it's time to change your pace, and maybe the company you keep.

what your monthly bills are, and what it'll take in income to keep current, then it's time to get with the program. Get out all the bills that have to be paid every month and make a list. Rank the bills in order of priority. You have to pay your elec-

ISTOCK

TECH

Copyright litigation sinks Grooveshark

Grooveshark, an early leader in music streaming that enraged major labels by letting users upload copyrighted songs, abruptly shut down late Thursday after years of litigation.

Amid the rapid growth of streaming services such as Spotify that co-operate with the music industry, Grooveshark's web-

2006

The year Grooveshark was founded by three students at the University of Florida.

site went dark as the company avoided potential penalties in the hundreds of millions of dollars.

Grooveshark, which claimed 30 million monthly users, said in a message on the site that it had reached a settlement with

record label conglomerates to cease operations and hand over copyrighted song files. AFP

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Mental health talk opening up



While the conversation is changing across the country, more needs to be done to remove the stigma regarding mental health. SHUTTERSTOCK

LET'S TALK

Change happening, but we still have a ways to go

JEN TRAPLIN
For Metro

After years of working to decrease stigma, it seems we may finally be making some headway when it comes to opening up the discussion on mental health.

"I think there's been something of a sea change in Canada and internationally over the last few years, in terms of the conversations that we have around mental health," said Dr. Erin Michalek, associate professor in the department of psychiatry at the University of British Columbia.

While some mental illnesses, like depression, seem to be very much on the public agenda, she feels other conditions, like bipolarity and schizophrenia, are still taboo, meaning many could

be suffering in silence.

"If we live in a society, work in a workplace or go to school where mental health conditions are highly stigmatized, people experiencing that are less likely to disclose a diagnosis and one of the consequences of that is they aren't able to get the support," Michalek said.

Dr. Simon Davidson, a child and youth psychiatrist and professor at the University of Ottawa, agrees with Michalek that Canadians are making good progress in destigmatizing mental illness, but that the fight is far from over.

"I do think youth in schools are more likely to feel comfortable talking about mental health," he said. "On the other hand, it just takes one bully and all kinds of re-stigmatization can happen so we still have a long way to go."

Perception is just part of the problem. Davidson said the country is drastically under-resourced when it comes to treating mental health, particularly with children and youth.

"When you compare Stats Canada data, a little more

than three times as many children and youth in the 15 to 24 age range die by suicide than all forms of cancer combined," he said. "If you look at how quickly newly diagnosed cases of cancer get treatment and you compare that to how long the access times are for treatment of mental illness, we can only hope that, in the future, our kids with mental illness get intervention and treatment as quickly as those kids diagnosed with cancer."

CHANGE PERCEPTION

Addressing mental health in Canada

In 2007, the federal government created the Mental Health Commission of Canada (MHCC), whose mandate is to change perceptions of mental illness. The MHCC employs a number of initiatives, including the country's first mental health strategy and working to reduce stigma. For more information on the MHCC, visit mentalhealthcommission.ca.

Social media driving the conversation

JEN TRAPLIN
For Metro

When it comes to breaking down the barriers of discussing mental health, few platforms have been as successful as social media — hashtags like #sicknotweak, #endthestigma and #defeatdepression help fuel the conversation.

One of the most successful online campaigns, though, is Bell Let's Talk Day, which raised more than \$6.1 million this past January.

For every tweet that included the hashtag #BellLetsTalk (as well as phone calls and text messages sent), the company donated five cents to Canadian mental health programs. More importantly, though, it engaged millions to publicly discuss mental illness.

"Social media allows unlimited reach and contact," said Michael Landsberg, host of TSN's Off The Record and spokesperson for Bell Let's Talk. "I have had interactions with strangers on the deepest level. I have given and taken. I believe social media has given me the chance to become a better person through hav-



Michael Landsberg. THE CANADIAN PRESS FILE PHOTO

ing access to those in need."

A few years ago, Landsberg started using the hashtag #sicknotweak in his posts on Twitter, a phrase he often includes in his public speaking engagements. Online, he openly discusses his own battle with depression while

encouraging others to reach out for help.

"I began to realize the enormous power that I have to change people's lives," he said. "But I am not unique — anyone with the desire to share can do what I do. Sharing saves lives, it's that simple."

CMHA'S 64TH ANNUAL MENTAL HEALTH WEEK MAY 4-10, 2015

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fine or phine?

phine — definition (adjective)
Saying you're fine when you are not.

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SHUTTERSTOCK IMAGES

Mental health gets support from supplements

NutriChem clinicians use recent research to help with anxiety and depression

Are you suffering from depression or anxiety? Could it be that genetics is the cause of it? In 2003, the findings of a genetic study called the Human Genome Project — a global research project looking to identify and map all the genes of the human genome — were released, and there were some interesting discoveries. One major finding showed that a large percentage of the human population has something called an MTHFR defect. MTHFR is a very important enzyme that is responsible for getting rid of toxins in the body. This is also responsible for balancing the immune system, helping produce brain chemicals known as neurotransmitters and supporting proper cardiovascular function.

We still don't know exactly what this defect means in the long-term. The full effect of this genetic defect is still being investigated, but a growing amount of studies are showing a clear link between this genetic mutation and various mental health disorders such as severe depression, general anxiety disorder, obsessive-compulsive disorder and schizophrenia, among others. For people who have this gene mutation, an antidepressant might not be enough, and supplementing with different forms of vitamins may bring them great relief and in some cases, may ease complete resolution of their mental state. This is most likely why methylfolate, a type of folic acid, is now being used as treatment for depression and anxiety.

Genetic testing is now available worldwide but interpreting the results may be challenging. Consulting with a biochemical clinician knowledgeable in genetics is crucial for optimal results. "Genetics is the solution for personalized medicine," says clinical pharmacist Kent MacLeod, owner of NutriChem. "Our team of clinicians are continuously looking at the recent research regarding genetics and mental health in order to be able to offer the best treatment plan."

NutriChem is Ottawa's leading expert in personalized medicine. They offer genetic and biochemical testing and have two locations in Ottawa. Visit nutrichem.com for more information.

"OUR TEAM OF CLINICIANS ARE CONTINUOUSLY LOOKING AT THE RECENT RESEARCH REGARDING GENETICS AND MENTAL HEALTH IN ORDER TO BE ABLE TO OFFER THE BEST TREATMENT PLAN."

— Kent MacLeod, clinical pharmacist, NutriChem owner

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Lightning leave Habs jilted

NHL PLAYOFFS
Tampa Bay leaves Montreal with 2-0 lead

Tampa Bay struck four times on the power play and star centre Steven Stamkos ended his playoff scoring drought as the Lightning downed the Montreal Canadiens 6-2 in Game 2 of their second-round playoff series on Sunday night.

After winning twice at the Bell Centre, the Lightning take a 2-0 lead in the best-of-seven series back home to Amalie Arena for Game 3 on Wednesday and Game 4 on Thursday.

Nikita Kucherov, with two, Valtteri Filppula and Victor Hedman all scored with a man advantage as Tampa Bay got its first power-play goals since Game 2 of the opening round against Detroit. J.T. Brown added an even-strength goal late in the third period.

Jeff Petry and Tom Gilbert scored for Montreal, which out-



Lightning captain Steven Stamkos scores a second-period goal on Carey Price during Tampa Bay's Game 2 win over the Canadiens in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

shot the Bolts 29-24 but went 0-for-3 on the power play. The Habs are now 1-for-26 with the man advantage in the playoffs.

The Canadiens scored the first goal of a game for only the second time in eight post-sea-

son contests when Petry took a pass from Torrey Mitchell and scored on a wrist shot from the blue-line at 7:20. It was Petry's first-career playoff point.

Montreal was in control but then let it slip away with un-

disciplined penalties, as Brandon Prust got an extra two minutes for yapping at a referee and then P.K. Subban was sent off for cross-checking. Filppula scored on the power play on a shot from the right circle at

GAME 2 On Sunday

6

LIGHTNING

2

CANADIENS

19:36 to tie the game 1-1.

Stamkos used a fortunate bounce to go in on a breakaway and deke Carey Price for a goal 8:06 into the second frame. It was the Lightning captain's first goal in nine post-season games this year. He also had two assists.

The Bolts had a 4-on-3 man advantage when Tyler Johnson slipped a cross-ice pass to Kucherov for a shot into an open side at 12:29. Then, Price had no chance when Hedman finished a back-door play with Alex Killorn on a power play at 19:46.

Kucherov redirected a Johnson pass inside the post 6:37 into the third to make it 5-1 before Gilbert scored from the point at 11:06 for Montreal.

Brown added his goal at 16:05. THE CANADIAN PRESS

PREMIER LEAGUE
Chelsea formally clinches fifth title



Chelsea celebrates on Sunday at Stamford Bridge. CLIVE MASON/GETTY IMAGES

The five-year drought is over. Chelsea is Premier League champion again — with three games to spare.

Chelsea's players danced around the field after securing the title with a scrappy 1-0 victory over Crystal Palace on Sunday that encapsulated the recent cautious pragmatism of Jose Mourinho's team.

"Today was not a game to enjoy," Mourinho said. "Today was the game to finish the job."

THE ASSOCIATED PRESS

IN BRIEF

Beal leads Wiz past Hawks
Bradley Beal shook off a sprained ankle to score 28 points and the Washington Wizards remained unbeaten in the post-season, knocking off the top-seeded Atlanta Hawks 104-98 Sunday in Game 1 of the Eastern Conference semifinals.
Otto Porter scored a couple of big baskets coming down the stretch and Marcin Gortat sealed it with a lay-in off a pass from John Wall with 14.6 seconds remaining. THE ASSOCIATED PRESS

NBA PLAYOFFS
Warriors maul short-handed Grizz

Stephen Curry had 22 points and seven assists, and the Golden State Warriors wore down the undermanned Memphis Grizzlies in a 101-86 victory in Game 1 of the Western Conference semifinals Sunday.

Klay Thompson added 18 points to help the top-seeded Warriors roll to their 21st straight victory at raucous Oracle Arena in Oakland. They led by nine at the half, 20 late in the third quarter and never let the Grizzlies build any mo-



Mike Conley GETTY IMAGES

mentum in the fourth.

Game 2 of the best-of-seven series is Tuesday night in Oakland.

Memphis was missing point guard Mike Conley, whose left eye is still swollen as he continues to recover from surgery to repair broken bones in his face. THE ASSOCIATED PRESS

IN BRIEF

Hall leads way in Canada's drubbing of Germany
Taylor Hall and his Canadian teammates are getting used to the bigger ice at the world hockey championship in Prague.
What they could do when they're totally comfortable is scary.
Hall had a hat trick to lead Canada in a 10-0 rout of Germany on Sunday, keeping the Canadians at the top of Group A in the international tournament.
THE CANADIAN PRESS

Jays fall apart in sixth inning at Cleveland
Pinch-hitter Ryan Raburn's tiebreaking, two-run double capped a six-run fifth inning. Jason Kipnis had four hits and the Cleveland Indians overcame a five-run deficit to beat the Toronto Blue Jays 10-7 Sunday.
Kipnis also homered and drove in two runs for the Indians. THE ASSOCIATED PRESS



I don't even watch boxing. At one particular time I loved the sport of boxing.... But I just lost the love for the sport.

Floyd Mayweather who could collect over \$200 million for Saturday night's win over Manny Pacquiao. Mayweather says he'll fight once more in September, then hang up the gloves.

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RECIPE Thai Red Curry Chicken Stir Fry

EAT LIGHT AT HOME

Rose Reisman
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@rosereisman

Ready in

Prep time: 15 minutes
Bake time: 12 minutes
Serving size: 4

Ingredients

- 1 lb boneless chicken breast or thigh, cut into 1-inch cubes
- 3 Tbsp all-purpose flour
- 2 tsp vegetable oil
- 2 Tbsp red curry paste
- 1 Tbsp minced ginger
- 1½ tsp minced garlic
- 1 can light coconut milk
- 1 tsp brown sugar
- 1 Tbsp fish or light soy sauce
- 2 cup sliced red bell pepper
- 2 cups snow peas cut in half
- 3 Tbsp chopped cilantro
- ¼ cup toasted chopped cashews (optional)
- 3 cups cooked rice or noodles (optional)

Directions

1. Dust chicken with flour. In large skillet sprayed with vegetable oil, sauté chicken just until browned on the outside, about 3 minutes. Do not cook through. Set chicken aside. Wipe out skillet and add oil.

2. Add curry paste, ginger and garlic and sauté for 2 minutes. Add coconut milk and bring to a simmer on a medium heat. Add sugar, fish sauce and



chicken and simmer for 5 minutes or until meat is cooked and sauce has thickened.

3. Meanwhile in skillet sprayed with vegetable oil, sauté red pepper and snow peas for two minutes just until barely cooked. Add to chicken mixture. Sprinkle with cilantro and nuts if using and serve over top rice or noodles, if using.

Nutritional information per serving

- Calories 273
- Carbohydrates 7.8 g
- Fibre 2.6 g
- Protein 25.1 g
- Fat 10.5 g
- Saturated fat 4.8 g
- Cholesterol 62.6 mg
- Sodium 633 mg

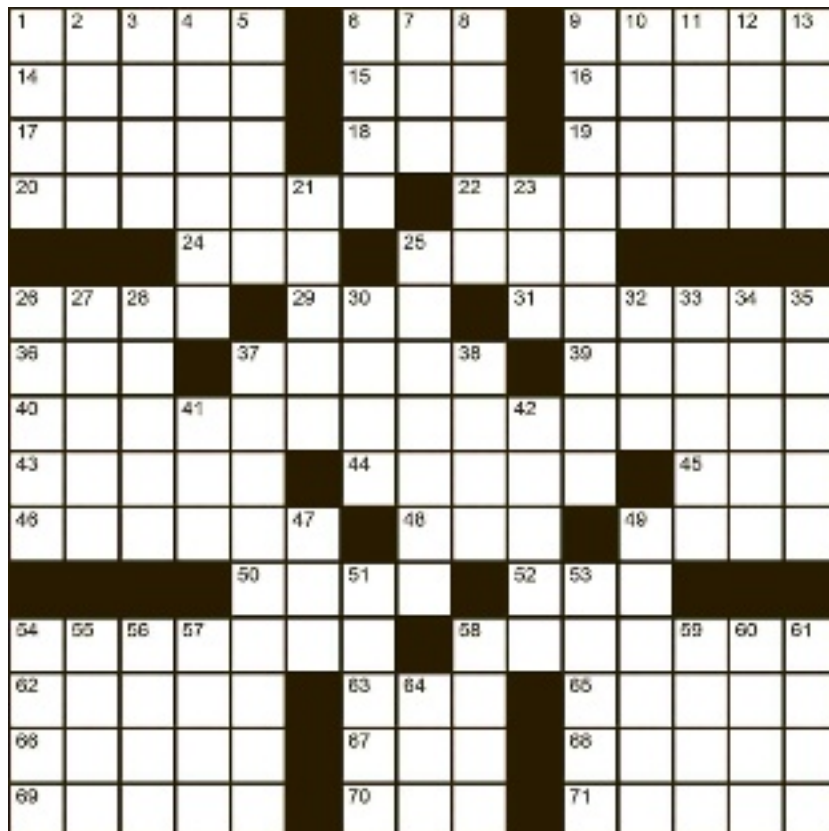
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Capture
- Rainbow shape
- Essential parts
- Having a single element
- Casper's cry!
- "Bon voyage!"
- Barber's razor-sharpener
- Frigid
- Relating to a forearm bone
- #9-Down's co-star Gordon
- Implement for Emily Carr
- Victoria's Secret purchase
- "Song __ Blue" by Neil Diamond
- Out
- Hound's healer
- __ clef
- Uncooked
- Persian Gulf land
- Nebraska city
- Product by Canadian brand Lantic: 2 wds.
- Bring together
- Type of headache
- Ballpark fig.
- Synchro swimmer of the silver screen Ms. Williams
- Poet's creation
- Dull
- Tandoor-baked creation
- Boot bit



- Lord's land on the manor
- Underwater earthquake result
- Spew
- Plunder
- Penned
- Art gallery
- First name in

- music lyrics
- Matt Lauer's morning show
- Admit passengers: 2 wds.
- Make a typo
- Fishhook line

DOWN

- Canine tooth part

- __-inflammatory
- Mountain lake
- NHL-er Sidney from Nova Scotia
- Overly active
- Slightly: 2 wds.
- Mythical bird
- Large rodent of South Amer-

- ica that looks like a beaver
- Calgary-born actor: 2 wds. ...see #49-Down for more!
- Loafing
- Salon shade
- Put in the microwave
- Positive

- Pertaining to military ships
- Carpenter __
- Toronto's Union __
- Fight
- Notifies of danger
- Expect
- Airport scr. postings
- Australian bird
- Montreal-style __
- Dog, with Apso
- Soil
- Town in southern Ontario near Niagara Falls
- Divide
- To the __ degree
- Vocals-for-two
- Campaigned
- Constable __ Fraser (#9-Down's role on "Due South")
- Cliff nest, variantly
- Dethrones
- Big name in computing
- Famous lake
- Shania Twain's ex Mr. Lange
- Canyon sound
- Ski resort ride
- __-de-camp
- Dish
- Pastoral poem, variantly
- A famous Bobby

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't worry about today's full moon – if you think positive then all will be well. But be ready for one or two emotional outbursts from people who get easily frustrated with life's little setbacks.

Taurus April 21 - May 21
Strive to be nice to people today, even if they are not always nice to you. A full moon in your opposite sign of Scorpio will help you realize that people everywhere are much the same – if not quite as brilliant as you.

Gemini May 22 - June 21
If a friend asks you to do something you disagree with today you must have the strength to refuse their request. Even if it puts a strain on your relationship in the short term, in the long term they will admit it was the right thing to do.

Cancer June 22 - July 23
The best way to make the most of the Sun in one of the most positive areas of your chart is to believe that all things are possible. Do what your heart tells you is right today, even if everyone else seems to think it is wrong.

Leo July 24 - Aug. 23
Some may say you are being unduly cautious, and maybe you are, but today's full moon warns this is not a good time to take chances. You know the old saying: "If it's not broke, don't fix it."

Virgo Aug. 24 - Sept. 23
The worst possible thing you can do now is to try to conform to the kind of image you think others have of you. You are who you are for a reason, so forget about what friends and family members expect of you.

Libra Sept. 24 - Oct. 23
This could be a lucky day for you but it could also be the kind of day when what you gain with one hand you squander with the other. If you find you have more cash than you expected put it away for the proverbial rainy day.

Scorpio Oct. 24 - Nov. 22
A few weeks from now you will either look back and marvel at the things you accomplished or look back and regret the things you avoided. Go on, take a chance.

Sagittarius Nov. 23 - Dec. 21
It may appear to others that you are not doing very much but just because you are not active on the outside does not mean you are not active on the inside. On the contrary, that Sagittarius brain of yours is bubbling with new ideas.

Capricorn Dec. 22 - Jan. 20
The pace of life will be hectic over the next few days and the demands others make of you will be tough. Plan ahead sensibly and be ready to say "no" when too much is expected of you.

Aquarius Jan. 21 - Feb. 19
Don't sit back and wait for good things to happen – get out into the world and make them happen. The fact that you feel dissatisfied with your lot means that changes need to be made.

Pisces Feb. 20 - March 20
You have far too much going on in your life and today's full moon will in some way or other shake things up and make you realize you need to cut back on your commitments.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2				5				4
8		3	7		4	6		1
	7						6	
6				4				9
	3						8	
4		6	1		8	3		2
1				7				6



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